

The Adult Health Behavioral Risk Factor Surveillance System (BRFSS) District Profiles include information pertaining to health status, preventative behaviors and health screening, risk behaviors, disease prevalence and select demographics among adults 18 and older.

All risk behaviors are defined as current (i.e., binge drinking, heavy drinking, marijuana use and no leisure time physical activity within the last month; e-cigarette use, smoke cigarettes and smokeless tobacco use every day or some days). All diseases are defined as ever diagnosed, unless otherwise indicated.

Each percentage estimate contains two years of the most recent data, and the number of estimated adults is averaged over those two years. Unless otherwise indicated below (see Data Years Table, pg. 2), statewide data are from the most recent data year of the VT BRFSS (2018) and district data are from the most recent two data years of the VT BRFSS (2017/2018). Change in measures over time are interpreted by comparing the most recent two data years with the earliest two data years.

Definitions

Adverse childhood experiences: For more information, see www.cdc.gov/ace.

Any Disability: Activity limitations due to physical, mental or emotional conditions, or any health condition that requires use of special equipment.

Binge drinking: Five or more drinks on one occasion for men and four or more for women.

Cancer screening recommendations:

- Breast cancer: Mammogram in the last two years.
- Cervical cancer: PAP test in the last three years.
- Colorectal cancer: Fecal occult blood test (FOBT) annually or sigmoidoscopy every five years and FOBT every three years, or colonoscopy every ten years.

Cardiovascular disease: Ever had coronary heart disease, a stroke or a myocardial infarction.

Did not visit doctor due to cost: Within last year.

Feel community is not safe for walking: Includes “not at all safe” or “slightly safe.”

Physical activity and strength building recommendations:

- Physical activity: 150 minutes of moderate activity or 75 minutes of vigorous activity per week.
- Strength building: At least twice per week.

Poor mental health: 14 or more poor mental health days in the last month.

Poor physical health: 14 or more poor physical health days in the last month.

Heavy drinking: More than two drinks daily for men and more than one for women.

Prescription drug misuse: Used a prescription drug without own prescription.

Data Years

| Measure | VT | District Trend | District |
|--|------|--|-----------|
| Adverse childhood experiences | 2011 | 2011 | 2011 |
| Any teeth extracted Breast cancer screening Colorectal cancer screening Dental visit Falls | 2018 | 2012/2014; 2014/2016; 2016/2018 | 2016/2018 |
| Cervical cancer screening | 2014 | 2012/2014 | 2012/2014 |
| Cholesterol screened High cholesterol Hypertension Met physical activity recommendations Met strength building recommendations | 2017 | 2011/2013; 2013/2015; 2015/2017 | 2015/2017 |
| Feel community is not safe for walking | 2017 | 2011/2017 | 2011/2017 |
| LGBT | 2018 | 2014/2016; 2016/2017; 2017/2018 | 2017/2018 |
| Prescription drug misuse | 2017 | 2011/2012; 2012/2013; 2013/2015; 2015/2017 | 2015/2017 |
| E-cigarette Use | 2017 | 2016/2017 | 2016/2017 |
| 2+ daily fruit servings 3+ daily vegetable servings 5+ daily fruit and vegetable servings | 2015 | 2011/2013; 2013/2015 | 2013/2015 |
| All others not marked with ^ | 2018 | 2011/2012; 2012/2013; 2013/2014; 2014/2015; 2015/2016; 2016/2017; 2017/2018 | 2017/2018 |

To view the Adult Health BRFSS District Profiles, visit www.healthvermont.gov/brfss.